

PRAYER. SILENCE. LECTIO DIVINA.

# ENCOUNTERING CHRIST RETREATS

## *Benedictine Spirituality*

Our Benedictine Retreats draw from more than 1500 years of wisdom in the Benedictine tradition and are rooted in the principles outlined by St. Benedict in his Holy Rule.

On these retreats you can expect:

- Silence and a technology “fast”
- Four conferences given by a monk
- Participation in the Divine Office and Mass
- Personal prayer and *lectio divina*
- Adoration of the Blessed Sacrament and the Sacrament of Reconciliation

**Pricing: \$250 per person.**

*Retreat costs includes all the meals, a private room, linen and towels, and retreat director fee.*

Visit [conceptionabbey.org/guests/](https://conceptionabbey.org/guests/) or scan the QR code to view all of our retreat listings.

Located in northwest Missouri:  
37174 State Hwy V V, Conception, MO 64433



**CONCEPTION**  
*Living the Benedictine Tradition*  
**ABBAY GUEST CENTER**